

2025

SPORTS MEDICINE

Course : MPCC-302

Full Marks : 70

The figures in the margin indicate full marks.

*Candidates are required to give their answers in their own words
as far as practicable.*

1. Elaborate the modern concept of sports medicine. Why is the study of sports medicine important in the field of physical education? Explain the physiological aspects of sports medicine. 5+5+5

Or

Discuss the status of sports medicine as profession. Write the supportive and aiding techniques for the prevention of lower extremities injury. 5+(5+5)

2. What is doping? Discuss the guidelines for controlling doping in sports field. What are the adverse effects of S1, S5 and P1 banned substances on health? 2+4+9

Or

Describe the use and abuse of drugs in sports. Why are banned substances used by the athletes? How dope test is carried out in the field of sports competition? 4+3+8

3. Discuss causes, symptoms and management of any two spinal injuries. Discuss the measures for prevention of neck injuries on the sports field. (5+5)+5

Or

Explain the importance of free hand exercises in injury rehabilitation. Discuss the application of PRICE principles for injury management. 5+10

4. Write notes on the following (*any two*) : 7½×2

- (a) Strengthening exercises for lower extremities
- (b) Causes and management of ankle sprain
- (c) Relaxation techniques
- (d) Shoulder dislocation and its management.

Please Turn Over

(3818)

5. Answer the MCQ by choosing the right option from the following and write it on your answer script (any ten) : script
1×10
- (a) Which is the banned drug used to increase muscle power and muscle mass?
(i) Narcotics (ii) Anabolic steroid
(iii) Diuretics (iv) None of these.
- (b) A collection of blood within the layer of the scalp, superficial to the skull is called
(i) Scalp hematoma (ii) Fracture of skull
(iii) Epidural hematoma (iv) Subdural hematoma.
- (c) In Cervical Stenosis the width of the spinal column for vertebrae C3, C4, C5 and C6 altered less than
(i) 14.5 mm (ii) 16.5 mm
(iii) 18.5 mm (iv) 20.5 mm.
- (d) The movements involve with Telocural joint (ankle joint) are
(i) Elevation and Depression (ii) Supination and Pronation
(iii) Dorsiflexion and planter-flexion (iv) Protraction and retraction.
- (e) Shoulder separation is an injury truly occurs at the
(i) Shoulder joint (ii) Acromioclavicular joint
(iii) Starnoclavicular joint (iv) Gleno-humeral joint.
- (f) Which of the following substance is used for achieving calmness?
(i) Diuretics (ii) Beta-blockers
(iii) Sedatives (iv) Stimulant.
- (g) Tear of anterior cruciate ligament (ACL) injury involves
(i) Elbow Joint (ii) Hip Joint
(iii) Knee Joint (iv) Ankle joint.
- (h) Shoulder shrug movement occurs when
(i) Scapula goes upward (ii) Scapula goes downward
(iii) Scapula goes sideways (iv) None of these.
- (i) Which of the following bones form the knee joint?
(i) Patella, fibula and tibia (ii) Patella, femur and fibula
(iii) Patella, femur and tibia (iv) None of these.

- (j) Cozen's test is used to check the
- (i) Breathing Trouble
 - (ii) Tennis Elbow
 - (iii) Golfer's Elbow
 - (iv) Loss of movements.
- (k) Which of the following technique is used to diagnosis the fracture?
- (i) MRI
 - (ii) X-Ray
 - (iii) ECG
 - (iv) None of these.
- (l) The only movement possible in the pivot joint is :
- (i) Retraction
 - (ii) Protraction
 - (iii) Elevation
 - (iv) Rotation.
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